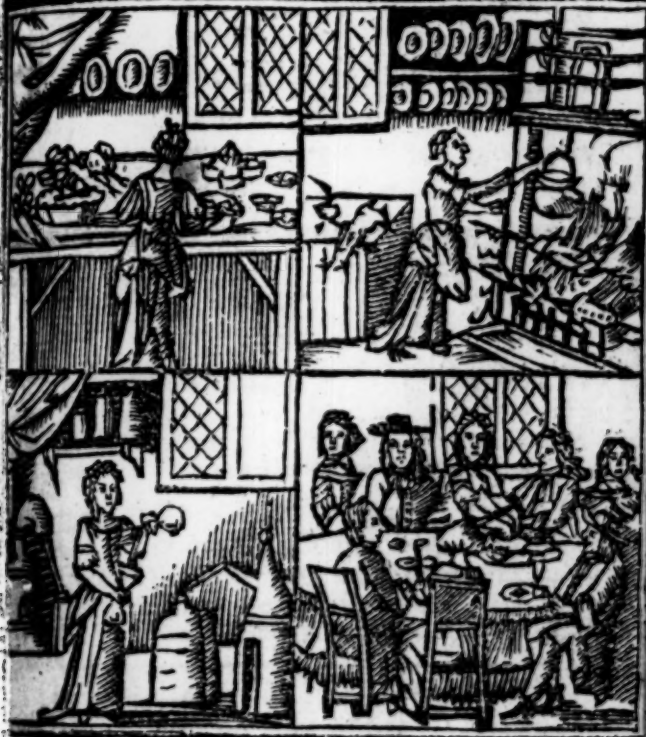


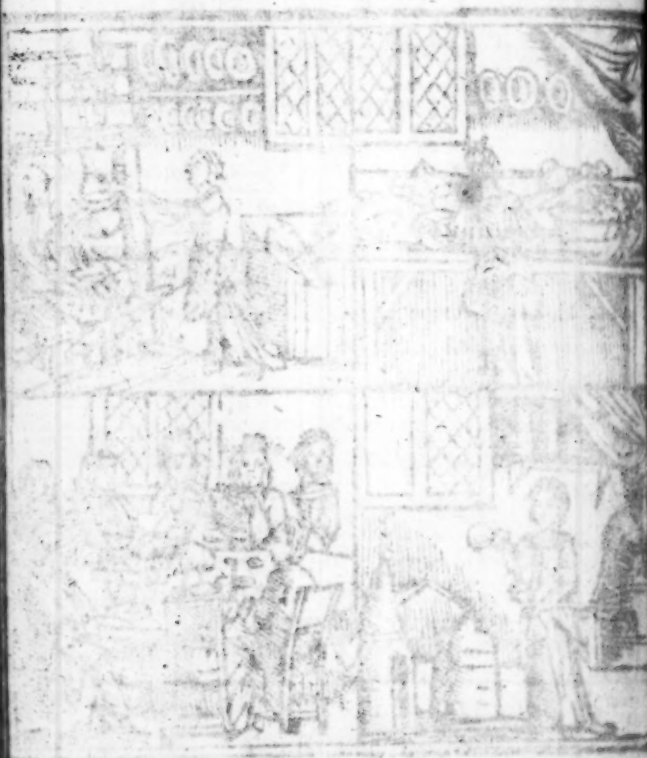
THE
Gentlewoman's Delight
IN 32
COOKERY.



Licensed according to Order.

LONDON, Printed for J. Back, at the Black

THE
 Delightful
 I N
 COOKERY



Printed for J. Bask, at the ...
 according to Order

THE
Gentlewoman's Delight

IN
Cookery:

CONTAINING

The newest Art of Dressing all sorts of
Flesh, Fowl, or Fish, either Roasted, Boiled, Baked,
Stewed, Fryed, Broyled, Hasht or Frigaced.

TOGETHER

With the true way of Raising Paste, and making
Pyes, Pasties, Tarts, Cakes, Custards, &c.

Also how to make all sorts of Broths, Caudles,
Syrups, Jellies; and the exact way of making
divers sorts of Pickles, &c.

LIKEWISE

Directions for Garnishing, Serving up, and Setting
out a Table; with Rules for Carving and Presenting
the best and most acceptable pieces, after the most
modish way, used either in *England* or *France*.

To which is Added,

The Art of Preserving, Conserving, and Candy-
ing all sorts of Fruits, Flowers, Buds, Roots, Herbs, &c.
With a most excellent Receipt for making a Beautifying
Water to clear the Face, Neck, Hands, & whiten the Skin.

*Very Beneficial for all young Gentlewomen
and Servant-Maids.*

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Printed for F. Back. on London-Bridge

THE
Gentlewoman's
Delight

PREFACE

TO THE

READER

Seeing Things of this Nature are not
held pleasant but profitable, by in-
abling the Ingenuous Reader, to put them
in practice, I conceived it not amiss to Col-
lect such Curiosities as are not vulgarly
known; the which, if rightly observed
in their respective Places and Offices
must, in all probability, Redound to the
Advantage and Accomplishment of either
Sex. Wherefore not longer to detain you
with a Preface, I proceed to what is more
material. And first of Cookery, so
necessary to be known, in all its Parts
Ways and Kinds, &c.

THE
Gentlewoman's Delight
IN
Cookery.

*The English and French ways in dressing
Flesh in the best, modish and advantage-
ous manner: with their proper Sauces and
Garnish, &c.*

A Haunch of Venison to Roast.

TAKE a Haunch of Venison, indifferently fat;
season it with beaten Cloves, Mace, and a little
Nutmeg and Salt; and having stuck it over with
Cloves or small sprigs of Rosemary, lay it to the
fire: baste it with Butter and Claret-wine well
beaten together; and when it is enough,

Take Red-wine Vinegar, sweet Butter, grated
Ginger, a little Cinamon and Rose-water: boil
them up to a thickness with some crumbs of Ve-
nison, and dish it up, Garnishing your dish with
slices of Lemons and Oranges.

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A Fillet of Veal, to dress the best way.

Take your Fillet somewhat large, open it the fleshy part with a broad pointed knife; and having Winter-savory, Parsley, Thyme, Suet and Spinnage thread small, stuff it well, and close the places, lay it to a gentle fire, basting it with Butter; and when it is Roasted, dish it up with the Juyce of Oranges and sweet Eutter, beaten up with a little fine Flower; and let your Garnish be as for the former.

A Leg of Veal and Bacon, to boil the best way.

Take a good Leg of Veal and good middling Bacon, and with the Lard of the Bacon, Lard the Veal; intermixing it with rows of Lemon or Citron-peel: then truss it as round as may be, and rub it or sprinkle it with Pepper and Salt: boil it in a convenient quantity of water, putting it in when the water is warm, as also your other Bacon: then take them up, slit the Bacon, and place it on each side the Veal and for the Sawce, bruise Sorrel, Parsley and Spinnage, with Sugar, Verjuice and a little Rose-water, and serve the dish, garnished with pickled Barbaries, Parsley or Violet-leaves.

A Hare, to dress after the French Fashion.

Take a Hare of two years old, case her, leaving on the Ears; and lay her an hour or two in warm water; then rub her over with Pepper and Salt,

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make then a Pudding of grated Bread, Sugar, Cinamon, chop'd Sage and White-wine, with some Suet and Butter, sewing or scuring it up in the Belly of the Hare: lay her to a gentle fire, baste her with Butter, and dredge her over with fine Bread; and when enough, take out the Pudding, divide it on each side the Dish, and serve her up with Verjuice, Butter and Cinamon, well mix'd or beaten together, garnishing the dish with blades of Mace and slices of Lemon.

A Leg of Mutton to Roast with Oysters.

Take a fair Leg of Mutton, open it with a broad-pointed knife in the fleshy part, sundry times; then stuff in as many Oysters when par-boiled as you can conveniently, and stick the outward part with Cloyes; and so gently roast it till enough; then serve it up with Anchovey sauce and stewed Oysters; garnished with Flowers or Leaves: and so a shoulder of Mutton may be used.

A Pig, to Roast the most approved way.

Take your Pig clean scalded, opened and well dryed; which done with dryed Sage, a grated Crust, and the Gravy of Mutton, make a pudding, put it into his Belly, scuring it up, keeping him before a gentle fire, continually basting with Salt and Water, till it begin to be crisp; and then let it continue till the Eyes fall out, which is a sign of it's being roasted; whereupon, take beaten

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beaten Cinnamon, Sugar, Rose-water, Currants, grated Bread, and the purest of the Gravey, with chopped Sage and Canary: make them into a Sawce, and serve up the Pig divided or chined with the two under Jaws and Ears; garnishing with whole Spice and Lemon Peels.

A Coney, to Boil the best way.

Take your Coney, Brace or Truiss him that he may lye couched in your Pot or Pan; Lard him with Bacon and Lemon Peel; and when boiled, serve him up whole, with white Bread, Sippets, Verjuice, Sugar, Butter and grated Nutmegs, garnishing with Parsley.

Venison, how to make of Kid, &c.

Take the Haunch of a fat Kid, open it in the convenient places; stuff in Salt-peter Salt, a good Quantity; then lay it in warm water till the Salt be well soaked into it: then dry it, spit it, and when Roasted, serve it up with Claret, Anchovy, Pepper and a little Butter; and it will not be distinguished from Venison; the Garnish must be Spices.

To stew Lamb or Mutton, the savourest way.

Take your Meat, season it a little with Salt and Pepper; put in convenient slices into as much Broth of the like Meat, as will cover it; then add a little Pepper, a blade or two of Mace, a small quantity of Sugar, and some sprigs of Rose-

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ary; then some slices of fresh Butter, and the
juice of three or four Oranges; and all being
well stewed, serve the Meat up with the Broth
and Sippits; Garnishing with Marigolds, Parsley
and Sugar: and in this manner is Beef stewed the
best way.

To stew Veal very savourly.

Take a Leg of Veal or any fleshy part, slice
thin and sprinkle it over with Flower and gra-
ted Nutmeg; lay it in your stew pan: adding
butter and White-wine, as much as may cover
it; and then the Yolks of three or four Eggs,
well beaten with Verjuice: lastly sweet Herbs,
cut small with Sugar and Currans: yll which be-
ing well stewed, serve them up with Sippits;
garnished with Green.

Fricacy of Rabbits, Veal, or the like, to make the best way.

Take your Meat cut into convenient pieces,
beat and flat them with a Roaling-pin, and sprink-
led with the Juice of Lemon, grated Nutmeg
and a little Flower, with a small scattering of
sweet Herbs well thread; then with the yolks
of beaten Eggs and Verjuice, cover the pieces
in order, and serve them up with Sugar, Butter
and Cinamon; garnished with green Leaves;
and in this manner, any Fricacy is made.

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To Hash Mutton, Beef, Lamb, &c. the French way.

Take your Meat half roasted or boiled, slice in convenient slices, and lay it into a stew-pan with some Butter and the broth of the Meat as much as will cover it; strew thereon some Pepper and a little Salt, slice in a Nutmeg and Shalot or two, with a little Claret-wine, if you think convenient or otherwise, the Juyce of a Lemon; then rub your dish with a shalot laying therein Sippits of White-bread, and serve up the Meat; Garnishing with sprinklings of Sugar and Parsley.

To Fry Chickens, Pigeons, or any Fowl, &c. the best way.

Take your Fowl, being young, well pulled and drawn; slit them and sprinkle them, after you have well flatted them, by beating them with Pepper and Salt; lay them in the pan when the Butter is already hot and melted; then sprinkle shread sweet herbs, and observe to turn them in due time: and for these the Sawces in general are either Butter, Juyce of Lemon, and Sugar with Cinamon, or an Anchovey with a Shalot, and sweet Herbs with Pepper boiled together; and the Garnishing generally things that are green.

To Boil Chickens, Pigeons, or Wild Fowl, &c.

Boil them a little while in water & salt till they are tender; then shift them into Mutton-broth adding some sprigs of Rosemary and other sweet

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Herbs; then make Sawce of Parsley and Sage, boiled and shread together, with Sugar, Cinamon, Verjuice, Pepper and a small piece of Butter; Garnishing with Violet-leaves, whole Mace.

Stew any Tame or Wild Fowl, after the best way.

The Fowl being Pulled and Drawn; divide into four equal quarters; sprinkle them with little Salt and Ginger, and lay them in the Pan well buttered: as also in the Gravy of some choice Meat: cover the Pan, till you perceive them soft; add the Juyce of one or two Oranges, and a sprinkling of sweet Herbs; after that, take them up, and place the Quarters even in the dish; the Sawce being the liquid part upon Sippits, and the Garnish Barberries and Parsley.

To Roast a Woodcock, Pheasant or Plover.

Take the Bird well pull'd and drawn: Lard them with small slips of Bacon on the breast; and with Flower through a Drudger, raise up a Froth; when being Roasted, take the Gravey, with as much Claret-wine, a little Pepper, and the Juyce of a Lemon, and boil with the Heads, Necks or Gizzards; and so serve it up with green Garnish with white Bread Toasts or without them.

To Roast any Hen, Pullet or Capon.

Take Fowl, well pulled and draw'd, truss it up and place it on your Spit, basting it moderately with Butter, and raising the froth with Flower; then

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then take the Gravey, some Pepper, a slice of Nutmeg and the Juyce of a Lemon; make it into Sawce and serve it up; the Garnish be slices of Lemon, &c.

A Fore-loin of Pork, the best way to dress.

Take Pork, being laid before a gentle fire baste it first with Salt and Water; then scorch and run it up to a crispneis; which done, make your sawce of green Sorrel, Sage, grated Bread Mustard, the yolk of an Egg, Sugar, and the Leaves of Parsley, made somewhat thin with White-wine and serve it up with slices of Lemon and Nutmeg, &c.

A Turkey how to Roast the French way.

Take a good Turkey, pull and draw him well place him upon your Spit, and having singed the hairs, baste him with a little White-wine, after that with Butter; then raise the Froth with Flower, and continue it till he be enough: then take the Gravey from the Fat, add to it Pepper a Shalot, and a small quantity of Claret, putting to them the Neck, and the Liver, well minced and so serve him up garnished with Lemon.

A Goose the French way to Roast.

Take a fat Goose, stuff a Crust of Bread into her Belly, lay her to the fire and baste her with Salt and Water a while; then suffer her to baste herself: after she is enough, take her up and prepare

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Sawce of Mustard, Sugar, white Currans and the
up of Apples well mixed and softned with a
piece of fresh Butter, and serve it up in Sawcers.

To Broyle or Toast any Fowl the best way.

Slit your Fowl and beat it flat with a Roaling-
in; then sprinkle it with a little Salt and Pep-
per; lay it upon a Grid-iron, or hold it before
the fire with often turning till it be enough; then
rub your dish with a Shalot. Take an Anchovey,
some Pepper, and Claret, and make Sawce thereof,
with a little piece of Butter and the Juyce of a
Lemon; and serve it up with green Garnish: or
for want of that, slices of Lemon.

To Fry Salmon, the French way.

Take a Chine of Salmon, cut it into conveni-
ent pieces, and when the Butter is very hot in the
Pan, put it in, suffering it to remain there till
crisp; then take the Juyce of a Lemon, an An-
chovey and a piece of fresh Butter, and make
Sawce, serving it up with green Garnish.

To Stew a Pike.

Take a large Pike, wash the blood clean out
and flat it, cover it then with Claret in the stew
pan, and let it come to boiling by degrees; then
add some blades of Mace and a little Cinamon,
with the Juyce of a Lemon, and a good piece of
Butter.

Butter with Salt enough to season it, and so dress it up with sippits, sprinkled with sweet Herbs.

To Roast a Salmon the best way.

Take a Salmon, or any convenient part of him as the Jole or Rand, seasoned with Nutmeg, Salt and Pepper; and stick at the same time the outside with a few Cloves and some small slips of Rosemary: fasten it to the Spit, and at first baste it with Claret alone; then with Claret and Butter and with what falls from it, together with an Anchovey and the Juyce of a Lemon, make the Sawce and serve it up with Olives and Samphers.

To Fry Oysters, an approved way.

Take the largest, with the Liquor, and fry them therein, till they are somewhat tender then pour out the Liquor and put in Butter with the dissolved Liquor of an Anchovey, some Verjuice; and so fry them till they seem crispish, then serve them up with Pepper, Butter and the Juyce of a Lemon: and in the like manner may Oysters be stewed.

To Boil a Mullet, Tench, Trout or Carp.

Take the Fish well drawed, supplying the vacancy of the Belly with sweet Herbs; boil them in water a little seasoned with Salt: and when enough, take Butter, grated Bread, the Juyce of Orange, Cinamon and Currans; make them into Sawce with the Herbs, and serve them up with green Garnish.

The Sawce for Eels, Flounders, Place, Roach, Barbles and the like, are Butter, Vinegar, the Juyce of Lemon, Anchovey, the Liquor of pickled Oysters, and the Garnish green.

Salads and their Seasons.

As for Salads, they are various, according to the season; as Corn, Salads and Pickles with Endive and French Grand Salads in Winter; and Lettice, Spinage, Purslain and Salads of Flowers, in Summer. Wherefore there being no certain rule of this kind but the Management, according to the humour and liking of the Party, I shall submit it to the discretion of the Ingenious Cook, to form Salads according to the Season or Quality of the Meats, for the best digestion; of which they are prepared. And so proceed to *Pastry*, usefull and necessary to be known.

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Things to be observed in Raising of Paste, &c.

In Raising of Paste, observe that your flower or stuff be sweet and good; and that in raising the sides, ascend taper-wise; that they be kneaded and moulded to a sufficient fineness and firmness, not to fall or give way by jetting out or cracking, whereby the materials or fillings may be spoiled or lost, either by taking too much Air or running about in the Oven: Wherefore in making them up, an especial care must be had that all parts are framed alike, and to be done with Liquor tolerably hot, that so the Paste may be more firmly settled, especially if designed for large Pyes: the fashion of which, though in this kind there are divers Forms may be suitable to the fancy of the maker. And having said thus much of the Out-side, I shall proceed to speak of the In-side, which is the most material.

A Venison-Pasty, how to make it.

Take a side of new Venison, bone it and season it well with Pepper and Salt: beat it with your Roaler into the form you design it, and close up the lid or over-bearing, having first put in a considerable quantity of Butter to prevent dryness; and if you please you may put in Fruit, though it be not usual.

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To make an Oyster-Pye.

Your Coffin or Crust being raised, lay a lay
of Butter; and then having parboiled your Oy-
sters, put them in order, and over them another
laying of Butter, with some Pepper and Nutmeg;
and so close up the lid.

To make a Beef-Pasty appear like Venison.

Take your Beef indifferently lean, beat it in
slices with a Roaling-pin, with some Sweet Herbs
small thread; then lay it in Pepper and Salt a
night and a day; after which lay it in the coffin,
and over it Butter or Marrow; then add, to
keep it moist, a small quantity of Claret, and it
will be perfect, short and red, like Venison, as
has been proved.

A Goose-Pye, so make.

Observe to take a fat Goose, take out the Breast-
bone, and as many other bones as you can con-
veniently: flat and beat the Carcass with your
Roaler into the best form, then with Pepper and
Salt powder it: lay then a laying of Butter at
the bottom, on which place the Goose and a cou-
ple of Rabbits, if you think fit; and sprinkling
them with Pepper, lay on more Butter, and close
it up.

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An Artichoke-Pye, to make.

Take the bottomes of Artichokes boiled, lay under them a laying of Marrow, and the like over them; then a laying of Dates, Raisins and Currans, and close it up.

An Eel-Pye in the French fashion.

Take large silver Eels, strip and cleanse them, cutting them in convenient lengths; Salt and Pepper them, and shread a good quantity of sweet Herbs: mix the Herbs with the Powder of Cinamon, and some beaten Cloves; so lay them in order upon a laying of Butter, and close them up.

A Neats-Tongue Pye, how to make.

Take a couple of boiled Neats-Tongues, skin them well, and mince them with Marrow or Beef-suet; then add of Raisins and Currans, each a pound; Butter the like quantity; and Malagawine half a pint, making them up in order.

To make a Pippin, or any Apple-Tart.

Take the Apples, pare them, cut them into four quarters, taking out the core, and lay on a laying of Sugar; place them in order; slice a
mone

mongst them some Quinces and candied Lemon
or Orange-peel; and covering them again with
Sugar, lid it up.

A Custard, the French fashion.

Take Cream two quarts, Saffron dissolved:
strained a dram, Canary half a pint, Rose-w
half a quarter, and Loaf-sugar a pound: r
them well, and put them into the coffin.

Goosberry-Tarts, Plumb-Tarts, &c. how to Fill.

Take your Goosberrys or Plumbs green, sto
them, if you may conveniently, soak them in S
gar and Water, and after place them on a layin
of Sugar, and cover them with the like: and so
you may do by any such-like Fruits.

Broths and Jellies being wonderfull usefull, I
shall say something of them.

Jelly of Calves-feet, to make.

Take Calves-feet, without the bones, and boil
them in a quart of White-wine, and a quart of
Mutton-broth, till a third part be consumed:
press out the liquid part, and season it with Cina-
mon and Sugar.

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Cock-Broth, how to make it.

Take a Cock of a year old, pull and draw him, beat him then with the Roaler, seasoning him with salt and a little Pepper: put him into two gallons of Mutton-broth, adding a quart of French Barley, and with beaten Nutmeg, Mace, and sweet Herbs; boil it till it will become like a Jelly, when cold.

China-Broth, to make.

Take a gallon of Running-water, boil in it a Cock chick till it is mash; then add Raisins, Licorish, French Barley and beaten Cloves, and strain out the liquid part for your use.

Jelly of Harts-horn, to make it.

Take the shavings of that Horn, four ounces; steep and boil it in a gallon of Water; strain it, and add chop'd Rosemary, the Whites of Eggs, Rose-water and Sugar, and bring them up together, suffer them to stand till cold.

A Restoring Caudle, to make.

Take four Eggs, a dram of Saffron, half a pint of Canary, six Dates, a pint of Cream, two ounces of Loaf-sugar, and an ounce of Licorish-powder: boil them together.

Pickle Cucumbers, Broom-buds, Ash-keys, Grapes, Plumbs, French-Beans, Barberries, Musbrooms, Sampher, and the like: take the following Rule.

Get a sufficient quantity of good Wine. Vinegar, boil it and scum it till no more scum arise; adding to it a handfull or two of Spanish-Salt, cloves, Mace, Ginger, Cinamon, Dill and Coriander-seed, with whole Pepper and a piece of Alum, and putting any of the things before-mentioned, or any other things usually Pickled, and it will preserve them green and sound: or for Barberries and Sampher, you may put Salt and Water only.

As for the decent Management of a Table, observe that the Boiled Meats be presented first in Course, the Roasted next, and the Baked after them; and lastly, Pyes, Tarts, and Dishes of Fruit or Sweet-meats; ever taking notice to place the best Dishes with the right end forward, towards the upper end of the Table; The head-end of Fowl, Coneys, Pigs, Fish, &c. being the right ends; And of Joynts of Meat, the Butt or great End; and of Piggs, the picked Ends, according to their frame or fashion.

To dismember a Hern, Take off both the Legs, and lacing it down the Breast, raise the flesh, and take it clean off, placing the Wings that they may meet.

To unbrace a Mallard, Raise up the Pinion and the Leg, not taking them off; Raise the Merry-thought from the Breast, and lace it down closewise with a Knife; the best piece being the Wing.

To unlace a Coney, Draw the Knife downwards, cut off the flaps of the Belly, and take off the Shoulders, Legs, and divide the Body in four parts; the best piece to present, being held the next to the Tail.

To Rear a Goose, The Leg must be opened, the Wings divided, and the Breast laced down the Body, after they are taken off to be divided, the best piece is the Merry-thought.

A Bustard or Turkey must be used as the Goose; and indeed it is a way now in use for all manner of Fowl, especially Tame ones; the Merry-thought and Legs of which are accounted the best piece to present, as the Wings of all Wild fowl are on the contrary. In Fish, that part next to the Head is the best: And in Flesh, the middle of the Loin, Breast, Neck, and inside of the Leg or Shoulder, and in other pieces, that which is lean and fat, as fancy or discretion may easily direct.

*The Art of Conseruing, Preseruing, Candy-
ing and Beautifying, &c.*

TO Conserue any Fruits, Herbs, Flowers or
Roots, Take a like quantity of them, as of
Sugar; stamp them in a Mortar, and put them
in cold in a Glass or Gally-pot, keeping it from
the Air, and they will retain their taste and co-
lour a twelvemonth.

Preseruing is no other then to take Fruits, Flow-
ers, or the like, and scalding them over a gentle
fire, with or without the stones, in a Preseruing-
pan, and then the Sugar to the like quantity dis-
solved, put hot to them, with a small quantity of
Water or Quidany of the Fruit, and stopping them
close up.

Candyng is when the Fruits are prepared
green, and somewhat hard, the Sugar being melt-
ed in the Pan to a hardness or candy, they are dip-
ped into them: As for Example.

To Conserue Roses.

Take off the Flower, or Red part, put them to
steep in Water or White-wine; then stamp them
to a moisture, and put of the best Sugar to the
weight of the Roses, making them up into a
Conserue for your use.

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To Preserve Cherries.

Take Cherries, not too ripe, and having boiled up your Sugar with the Quidany or Pulp of other Cherries; and having made it very hot, put the Cherries in, Stalks and all: Some there are that stone them, but I hold it not necessary.

The Art of Candyng Plumbs.

Take Plumbs but indifferently ripe, or somewhat inclining to greenish; and having made Candy of Sugar, after you have softened them by scalding, dip them in, or let them lay a while, they will take the Sugar, and keep in a perfect Candy all the year, if well dried.

An Excellent Beautifying-Wash to make the Face and Hands fair, and take out any Spots or Deformities in the Skin.

Take of Allom powder an ounce, Benjamin water a pint, the Flower of Rosemary a handfull, Scabeous-water half a pint, Bean-flower a handfull, Copras half an ounce: heat and mix them over a fire, and by often using you will find the wonderful effects.

F I N I S.